

NOON DAY BIBLE STUDY



FEBRUARY 2026

The Emotionally Healthy Church



Healthy
People



Healthy
Relationships



Healthy
Ministry

JAMES A. TERRANCE, JR. PASTOR-TEACHER

Lesson Title Slow to Speak, Slow to Anger: Practicing Self-Restraint

WEEK 2 – WEDNESDAY, FEBRUARY 11, 2026 – 12:00 NOON

Scripture Passages

- James 1:19–20
- Proverbs 14:29; 15:1; 29:11 (supporting)

Lesson Focus

Emotionally healthy believers do not deny feelings, but they do not let feelings drive their behavior. James calls the church to be quick to hear, slow to speak, and slow to anger because human anger does not produce God’s righteousness. This lesson highlights self-control, listening, and restraint as essential to mental, emotional, and spiritual maturity.

Key Words with Definitions

- **Quick to Hear** – Eager and ready to listen fully before reacting.
- **Slow to Speak** – Cautious and thoughtful in what we say and when we say it.
- **Slow to Anger** – Not easily provoked or explosive; taking time to respond instead of reacting.
- **Human Anger** – Emotional reactions rooted in wounded ego, fear, or control, rather than God’s purposes.
- **Self-Control** – Spirit-enabled discipline over impulses, speech, and actions.

Lesson Background

James writes to scattered believers facing trials, temptations, and tensions. In that environment, words become powerful weapons or healing tools. James stresses that true religion is seen not just in hearing the Word, but in **doing** it—and one of the first places this shows up is in how we listen and how we speak.

James 1:19–20 functions like a relational “rule of life” for the church. Proverbs reinforces the same wisdom: those who are slow to anger show great understanding; a gentle answer turns away wrath; and fools give full vent to their spirit. Emotional self-control is not weakness; it is evidence of wisdom and maturity.

Reading the Word

Key exegetical words/phrases and explanation

1. “Know this, my beloved brothers” (James 1:19)

James uses family language—“beloved brothers”—to frame his counsel. What follows is not a cold command but a loving, urgent appeal for healthy relationships.

2. “Let every person be quick to hear” (1:19)

The verb suggests a posture: listening is the first instinct, not the last resort. Emotionally mature believers work to truly understand before responding.

3. “Slow to speak” (1:19)

“Slow” implies intentional delay. Healthy disciples resist the urge to immediately defend, correct, or retaliate. Silence can be an act of wisdom and worship.

4. “Slow to anger” (1:19)

Anger itself is not always sinful, but being “slow” to anger is the standard. Emotional maturity is seen in how long it takes us to move from upset to outburst.

5. “The anger of man does not produce the righteousness of God” (1:20)

Human-driven anger rarely yields God’s character or purposes. This challenges the excuse, “That’s just how I am,” by measuring our reactions against God’s righteousness.

6. “A soft answer turns away wrath” (Proverbs 15:1)

This proverb reveals that tone matters. Gentle words can de-escalate conflict and protect relationships.

7. “A fool gives full vent to his spirit” (Proverbs 29:11)

The foolish person says everything they feel in the moment. Emotional and spiritual maturity involve knowing when to speak, when to pause, and when to pray.

Implications for Today

Much damage in churches comes not from doctrine but from **unrestrained words and reactions**. In an age of text messages, social media, and quick replies, emotional immaturity can spread rapidly. People may vent online, gossip in private, or speak sharply in meetings—and then wonder why relationships deteriorate.

An emotionally healthy church trains believers to pause, listen, and pray before reacting. Self-restraint is not pretending problems don’t exist; it is choosing to respond in ways that align with God’s character rather than our impulses. This is crucial in dealing with disagreements, misunderstandings, and cultural or generational differences.

Lesson Principles to Learn

1. Listening Is a Spiritual Discipline

Being “quick to hear” is more than good manners; it is an act of love and humility. When we listen, we honor the image of God in others. Listening slows us down enough to respond wisely.

2. Self-Restraint Protects Relationships and Witness

Being slow to speak and slow to anger gives space for the Spirit to work. We cannot always control what we feel, but we can, by God’s grace, control how we act. Restraint shields the church from unnecessary wounds.

3. Human Anger Rarely Produces God’s Righteousness

Our heated reactions often serve our ego, not God’s purposes. Emotional maturity involves asking, “Will this response reflect God’s heart or just my frustration?” That question can change what we say and do.

4. Gentle Answers Have Real Power

Proverbs reminds us that tone and timing can turn away wrath. Soft answers are not weak; they are strategic. They can calm storms, protect unity, and create space for genuine understanding.

Case Study

A disagreement arises about how to structure a new ministry. Sister Carla expresses concern in a meeting, but feels cut off and misunderstood. Later that night, she posts a frustrated status on social media, hinting that “some people” don’t listen and don’t care. Others in the church see it and start messaging each other, taking sides.

After studying James 1, Carla realizes her post was a reaction, not a prayerful response. She deletes the post and requests a conversation with the ministry leader. They both commit to listening fully and speaking slowly. The tension is resolved, and they agree on a plan that addresses her concerns and respects the leader’s role.

Group Discussion Question:

What practical habits (for example, timing, prayer, accountability) can help us become “quick to hear, slow to speak, and slow to anger” in our church relationships?

Summary Paragraph

James calls believers to a different pace: quick to listen, slow to speak, slow to anger. Emotional health in the church is seen in how we manage our reactions, especially under stress. When believers practice self-restraint, they protect relationships, honor God, and strengthen the church’s witness. In a loud and reactive world, a listening, patient people stand out as truly Christlike.

True / False Learning Assessment

1. T / F – James gives this counsel only for church leaders, not for “every person.”
2. T / F – Listening carefully is a key part of emotional and spiritual maturity.
3. T / F – Human anger always produces the righteousness of God.
4. T / F – Being slow to speak can help prevent unnecessary conflict.
5. T / F – A gentle answer can often de-escalate tension.
6. T / F – Venting every feeling is a sign of wisdom and strength.

Friendship Baptist Church

Service Times

WEDNESDAY

PRAYER MEETING _____ 11:30 A.M.

WONDERFUL WEDNESDAY _____ NOON & 6:00 P.M.

SUNDAY

SUNDAY SCHOOL _____ 9:15 A.M.

MORNING WORSHIP EXPERIENCE _____ 10:30 A.M.

Please Contact Us

3530 CHELSEA DRIVE KANSAS CITY, MISSOURI 64128

TELEPHONE: 816-861-3252 FAX: 816-861-3553

WEBSITE: WWW.FBCKCMO.ORG

Administrative Office Hours

Monday - Thursday 9:00 a.m. - 5:00 p.m.

TEXT MESSAGES

HOW TO OPT IN TO RECEIVE TEXT MESSAGES

TEXT THESHIP TO 888-301-4692

YOU WILL RECEIVE A CONFIRMATION TEXT.

WEEKLY NEWSLETTER

HOW TO SIGN UP FOR EMAILS

GO TO THE WEBSITE WWW.FBCKCMO.ORG

CLICK THE PURPLE BUTTON EMAIL SIGN UP

ENTER YOUR INFORMATION